

OUTLINE

Underlying Factors of Depression, Anxiety, Bipolar and ADHD

Transcending Mind-Body Separation:
Understanding the Complex Relationships
The Factors that Cause “Chemical Imbalance”
Beyond Pharmaceutical Management

Accelerate Your Therapeutic Results

Food: The Good, the Bad, and the Fake
Sleep: The 4 Habits Critical to Refreshing Sleep
Exercise: Elevate Serotonin and Regulate Stress Hormones
Stress: A Holistic Approach

How the Essential Nutrients Impact Mental Health

Fats: Essential Fatty Acids, Toxic Fats, Fish Oil
Protein: The Building Blocks of Happiness
Vitamins: B-Vitamins, 5-MTHF, Vitamin D
Minerals: Magnesium, Calcium

Recognizing When “Mental Illness” Is Something Else

Hormones
Blood Sugar and Hypoglycemia
Inflammation
Genetic Variations
Digestion

Keeping Your Clients Safe: The Truth About Popular Supplements

5-HTP, St. Johns Wort
Melatonin
Adaptogens: Ginseng, Licorice, Ashwaganda
Interactions with Pharmaceuticals

Non-Pharmaceutical Treatment Plans for:

Depression
Anxiety
Bipolar
ADHD
Anger/Irritability
Obesity
Addictions

Building an Integrative Health Team

When to Refer
Who to Refer a Client to
Where to Find the Right Provider

Live Seminar Schedule

7:30 Registration/Morning Coffee & Tea
8:00 Program begins
11:50-1:00 Lunch (on your own)
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

OBJECTIVES

- 1 Articulate how integrative interventions facilitate better treatment outcomes in depression, anxiety, bipolar and ADHD.

2 Determine the nutrients shown to improve brain function for your clients.

3 Evaluate how improved nutrition can improve therapeutic outcomes for clients with depression, anxiety, bipolar and ADHD.
- 4 Analyze the differences between mental illness versus nutritional and hormonal imbalances.

5 Assess the impact hormones can have on mental health assessment and treatment.

6 Evaluate the impact of blood sugar and genetic variations on mental health disorders and effective treatment.

TARGET AUDIENCE

Counselors • Case Managers • Psychotherapists • Social Workers • Dieticians • Psychologists
Occupational Therapists • Occupational Therapy Assistants • Marriage & Family Therapists
Addiction Counselors • Therapists • Nurses • Other Mental Health Professionals

Questions?

Call customer service at 800-844-8260

HAVE A SEMINAR IDEA? A MANUSCRIPT TO PUBLISH?

The nation's top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Nicole Rate at nrate@pesi.com or 715-855-5291.

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Nutritional
and Integrative
Interventions
for Mental Health
Disorders

Non-Pharmaceutical Interventions
for Depression, Anxiety, Bipolar & ADHD

Bismarck, ND
November 12, 2019

Fargo, ND
November 13, 2019

Sioux Falls, SD
November 14, 2019



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Become
CMHIMP
Certified!
Details Inside

Bismarck, ND
Tuesday, November 12, 2019

Fargo, ND
Wednesday, November 13, 2019

Sioux Falls, SD
Thursday, November 14, 2019

Nutritional and Integrative Interventions
for Mental Health Disorders

Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD



Join Vanessa Ruiz, ND, as she teaches you how to think more holistically about diagnosis, nutritional deficiencies, and hormonal imbalances that may contribute to mental health disorders. Nutritional psychology is an emerging field outlining how nutrients can affect mood and behavior. Many clients see a reduction in symptoms when integrating non-pharmaceutical interventions to treat depression, anxiety, bipolar and ADHD. You will learn the underlying causes and symptoms of these disorders, to more accurately diagnose and treat your clients.

Through case analysis, you will experience how addressing core physical and nutritional needs can greatly increase therapeutic results. You will discover the nutrients most essential to help treat your most depressed and anxious clients, and learn simple strategies that can be integrated with pharmaceutical interventions. Leave this seminar with the tools and understanding necessary to immediately incorporate these strategies into your clinical practice.

SPEAKER

Vanessa Ruiz, ND, is a naturopathic physician and registered nurse. She utilizes natural therapies in an integrative setting at Integrative Mental Health Center in Scottsdale, AZ. Dr. Ruiz specializes in natural therapies for PTSD and generalized anxiety disorder. She earned her doctorate of naturopathic medicine at Southwest College in Tempe AZ, with a focus on homeopathy. She has been featured in YRM Podcast and the "Dig Deep Documentary" for her work in complex trauma. She has been a practicing nurse for over 10 years, in the areas of pediatrics, geriatrics and global health. She is the founder of Nurses for Natural Health, an organization dedicated to educating and empowering nurses in natural health. In her spare time, she volunteers for the Medical Reserve Corps of NY, Naturopaths without Borders and Homeopaths without Borders.

Speaker Disclosure:
Financial: Vanessa Ruiz is a physician at Enliven Mental Health Center. She receives a speaking honorarium from PESI, Inc.
Non-financial: Vanessa Ruiz is a member of the Psych ANP.

BECOME CERTIFIED!
This course counts toward the educational hours required for certification in Certified Mental Health Integrative Medicine Provider (CMHIMP).
Visit mhimi.com for the full certification requirements.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards. A licensee who practices beyond the authorized scope of practice could be charged with unprofessional conduct.

Seminar on DVD or CD Package: You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.

Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.



PESI, Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Limited seats available; advance online registration required.

SAVE BY INCLUDING THESE PRODUCTS WITH SEMINAR REGISTRATION!



Eat Right, Feel Right: Over 80 Recipes and Tips to Improve Mood, Sleep, Attention & Focus
By Leslie Korn, PH.D., MPH, LMHC

Improve mood, sleep and focus with these 50 nutrient rich tips and easy recipes. Eat Right, Feel Right teaches you the do's and don'ts of using ingredients in entrees, snacks, soups, smoothies and dressings to make you an at-home mental health chef.



Nutritional Treatments to Improve Mental Health Disorders
Non-Pharmaceutical Interventions for Depression, Anxiety, Bipolar & ADHD
By Anne Procyk, ND

A biology-based approach to think more holistically about assessment, diagnosis and treatment of mental health issues. Strategies include correcting vitamin and mineral deficiencies that contribute to mental health symptoms; eating the right food to optimize focus and performance; tools to improve sleep; and tips to identify common hormonal imbalances misdiagnosed as mental illness. Case studies and handouts.

LIVE SEMINAR CONTINUING EDUCATION CREDIT INFORMATION

Credits listed below are for full attendance at the live event only. After attendance has been verified, pre-registered attendees will receive an email from PESI Customer Service with the subject line, "Evaluation and Certificate" within one week. This email will contain a link to complete the seminar evaluation and allow attendees to print, email or download a certificate of completion if in full attendance. For those in partial attendance (arrived late or left early), a letter of attendance is available through that link and an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see "LIVE SEMINAR SCHEDULE" on this brochure for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepses@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This activity consists of 6.0 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

NORTH DAKOTA COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

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REGISTERED DIETITIANS & DIETETIC TECHNICIANS: PESI, Inc. PE001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from July 1, 2018 through June 30, 2019. Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 6.0 continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. This program/material is designated as LEVEL 2.



MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

NORTH DAKOTA MARRIAGE & FAMILY THERAPISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/74730.

NURSES, NURSE PRACTITIONERS, AND CLINICAL NURSE SPECIALISTS: PESI, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Nurses in full attendance will earn 6.3 contact hours. Partial contact hours will be awarded for partial attendance.



IOWA NURSES: PESI, Inc. is an approved provider by the Iowa Board of Nursing. Provider #: 346. Full attendance at this activity qualifies for 6.3 contact hours. Full attendance in the activity is required; no partial contact hours will be issued for partial attendance. These contact hours are used for your license renewal. You will need to provide your license number to PESI. PESI must have this number on file in order for your hours to be valid.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.



PSYCHOLOGISTS & PSYCHIATRISTS: PSYCHIATRISTS
PESI, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. PESI, Inc. designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.
PSYCHOLOGISTS
The following state psychologist boards recognize activities sponsored by PESI, Inc. as an approved ACCME provider: Alaska, Arkansas, California, Colorado, Georgia, Illinois, Indiana, Kentucky, Maine, Maryland, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New Mexico, Oklahoma, Pennsylvania, South Carolina and Wisconsin. This activity consists of 6.0 clock hours of continuing education instruction. Certificates of attendance will be issued for you to submit to your state licensing board to recognize for continuing education credit.



MINNESOTA PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/74730.

NORTH DAKOTA PSYCHOLOGISTS: For the most up-to-date credit information, please go to: www.pesi.com/events/detail/74730.

SOUTH DAKOTA PSYCHOLOGISTS: This live activity consists of 380 minutes of continuing education instruction and is related to the practice of psychology.

SOCIAL WORKERS: This intermediate level activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

PLEASE RETURN ENTIRE REGISTRATION FORM

QUESTIONS? Call 800-844-8260 or e-mail us at info@pesi.com.

How to Register:

NUTRITIONAL AND INTEGRATIVE INTERVENTIONS FOR MENTAL HEALTH DISORDERS: NON-PHARMACEUTICAL INTERVENTIONS FOR DEPRESSION, ANXIETY, BIPOLAR & ADHD

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ADA NEEDS

We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS

Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS

- FREE Military Tuition: PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. Limited seats available; advance online registration required.
- \$30 Tuition: If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
- Groups of 5 or more: Call 800-844-8260 for discounts.
- Discounted Student Rate: As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details. Advance registration required. Cannot be combined with other discounts.

CAN'T ATTEND THE SEMINAR?

Nutritional and Integrative Interventions for Mental Health Disorders

- Seminar on DVD* (Video) \$219.99 (RNV045975)
- Seminar on CD* (Audio) \$219.99 (RNA045975)
- Eat Right, Feel Right book* \$19.99 (PUB084920)
- Nutritional Treatments to Improve Mental Health Disorders book* \$24.99 (PUB085695)

Table with 2 columns: Description, Amount. Rows include CE hours and approvals, Shipping, Subtotal, Tax, and TOTAL.



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